

Abstract of the Disclosure

An exercise repetitious motion counter includes a case containing a repetition counter display mounted within the case and visible through a first opening of the case, a proximity sensor mounted within the case and extending through a second opening of the case, the proximity sensor connected to the display to cause the display to show a repetition count when a portion of an exerciser's body comes into non-contact proximity to the proximity sensor, and a detection distance setting mounted within the case and extending through a third opening of the case, the detection distance setting being connected to the proximity sensor and variable to determine a proximity sensitivity range of the proximity sensor.